

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Methionine (g)

Food Groups: Vegetables and Vegetable Products
Food Subset: Abridged List
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 06, 2015 23:30 EST

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11450	Soybeans, green, raw	256.0	1.0 cup	0.402
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.270
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.206
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.157
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.142
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.125
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.125
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.123
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.123
11304	Peas, green, raw	145.0	1.0 cup	0.119
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.119
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.116
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.112
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.106
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.105
11215	Garlic, raw	136.0	1.0 cup	0.103
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.102
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.101
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.091
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.091
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.084
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.084
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.084
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.083
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.081
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.076
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.075
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.074

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11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.069
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.068
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.063
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.062
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.061
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.053
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.051
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.050
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.046
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.045
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.044
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.042
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.042
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.042
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.042
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.041
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.037
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.037
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.037
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.036
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.035
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.035
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.034
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.034
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.033
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.031
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.031
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.030
11098	Brussels sprouts, raw	88.0	1.0 cup	0.028
11965	Cauliflower, green, raw	64.0	1.0 cup	0.027
11124	Carrots, raw	128.0	1.0 cup chopped	0.026
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.024
11080	Beets, raw	136.0	1.0 cup	0.024
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.024
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.024
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.024

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.023
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.023
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.022
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.022
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.022
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.021
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.021
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.021
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.020
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.020
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.020
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.020
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.019
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.019
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.018
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.017
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.017
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.016
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.016
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.016
11457	Spinach, raw	30.0	1.0 cup	0.016
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.016
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.016
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.015
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.015
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.015
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.015
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.013
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.013
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.012
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.012
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.012
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.012
11429	Radishes, raw	116.0	1.0 cup slices	0.012
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.011
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.010

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11086	Beet greens, raw	38.0	1.0 cup	0.007
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.007
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.007
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.005
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.004
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.004
11213	Endive, raw	25.0	0.5 cup, chopped	0.004
11282	Onions, raw	160.0	1.0 cup, chopped	0.003
11151	Chicory, witloof, raw	53.0	1.0 head	0.003
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.002
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.001
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.001
11447	Sesbania flower, raw	3.0	1.0 flower	0.000
11216	Ginger root, raw	2.0	1.0 tsp	0.000